

News Release

Statewide Health Improvement Program Awards Grant to Retired Senior Volunteer Program - Bone Builders

By Itollefs on Friday, June 4, 2010

The Statewide Health Improvement Program recently awarded a grant to the Retired Senior Volunteer Program (RSVP) of the Red River Valley. The Statewide Health Improvement Program (SHIP) funds will assist Deanna Patenaude and Jan Aamoth of RSVP in expanding their system-wide training efforts for their volunteer Bone Builder trainers.

RSVP Bone Builders is an exercise initiative that focuses on enhancing physical and mental well-being and the prevention and reversal of osteoporosis. RSVP has twenty-five classes and over 375 participants throughout seven counties in Northwest Minnesota including Polk, Norman, Kittson, Marshall, Roseau, Pennington and Red Lake. Classes are led by trained RSVP volunteer instructors and class participants have experienced great benefits due to their increase in physical activity.

Deanna Patenaude, RSVP Director, commented that "the continued success and sustainability is dependent upon the RSVP volunteers who have been trained as Bone Builders trainers." Polk County Statewide Health Improvement (SHIP) Coordinator, Sarah Reese shared that "it is exciting to be expanding the current training efforts of RSVP. Bone Builders is free for all participants and provides a great resource for physical activity to our aging population of Northwest Minnesota. I have talked to many Bone Builder's participants and they have nothing but great things to say about it."

The Statewide Health Improvement Program (SHIP) strives to help Minnesotans lead longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition and physical inactivity. SHIP seeks to create sustainable, systemic changes in schools, worksites, communities and health care organizations that make it easier for Minnesotans to incorporate healthy behaviors into their daily lives.

For more information about SHIP contact Sarah Reese at [sreese@pcphealth.org](mailto:sreese@pcphealth.org) or 218-281-3385 or about Bone Builders contact Deanna Patenaude at 218-281-8288.

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